

Great Allegheny Passage

Between Cumberland, Maryland, and the Forks of the Ohio in Pittsburgh, Pennsylvania, 150 miles of the Great Allegheny Passage bridges the Eastern Continental Divide, providing opportunities for travel by foot, bicycle and, in some places, by horse and cross-country skis. The trail system, of which approximately 120 miles are open, features scenic views, small towns, state and local parks, numerous outdoor recreational opportunities, access to rivers and streams, and interpretive exhibits.

Laurel Highlands Hiking Trail

This 70-mile trail climbs out of the Youghiogheny River valley at Ohiopyle, Pennsylvania, and follows Laurel Ridge through state park and other public lands from the Youghiogheny River to the Conemaugh River near Johnstown. Six parking areas provide starting points. Eight overnight shelters and tent-camping areas are located along the trail. Biking is prohibited.

Chesapeake and Ohio Canal Towpath

The Chesapeake and Ohio Canal National Historical Park extends 184.5 miles along the Potomac River between Georgetown in Washington, D.C., and Cumberland, Maryland. Historical highlights along the towpath include locks, lockkeepers' houses, and aqueducts, and other remains of the 1828-1924 canal. Recreational opportunities abound for hikers, bikers, boaters, anglers, campers, bird-watchers, and wildflower enthusiasts.

Mount Vernon Trail

This 18.5-mile walking-biking trail parallels the Potomac River and the George Washington Memorial Parkway between Theodore Roosevelt Island and Mount Vernon. The trail provides views of the Washington, D.C., skyline and opportunities to visit national memorials along the Virginia waterfront, historic Alexandria, wetlands, and the home of the first U.S. President.

Chesapeake & Ohio Canal Towpath

Black History National Recreation Trail

Mount Vernon Trail

Washington and Old Dominion Trail

Tuscarora Trail

Appalachian National Scenic Trail

